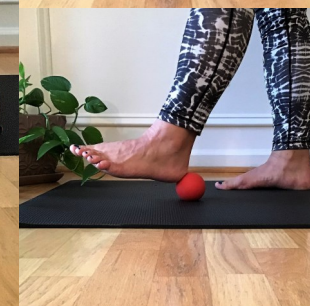
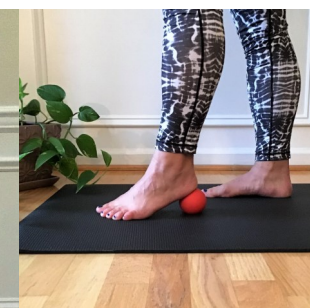
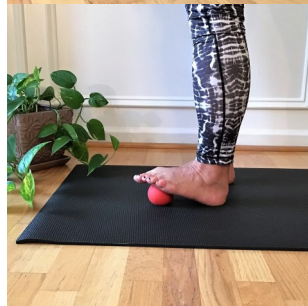
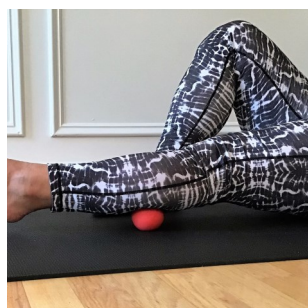
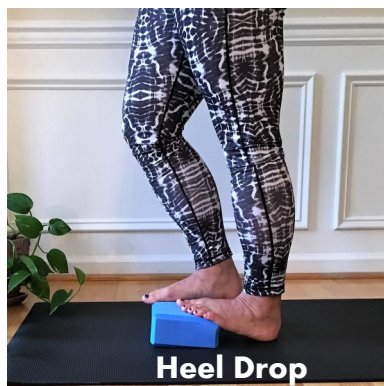




Recreation & Fitness Center

Yoga for Healthy Feet

By Amanda Pack, CPT, E-RYT 200, IRONMAN Certified Coach
Sr. Recreation & Fitness Program Coordinator



Self Massage

Myofascial Release

As with any exercise or movement-based program, participation in physical activity has inherent risks and may result in injury. Participants are encouraged to stop if they experience pain, injury or other symptoms of distress, and should seek appropriate medical advice or care as needed. Participants should not begin any physical activity program without consulting a health care professional first, and should always follow the advice of their health care professional before participating in any activities of a physical nature.